

April 8, 2013



Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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ASC's Army Reserve Element: The Army Sustainment Command-Army Reserve Element is the current form of a 2002 concept to provide Reserve component support to the Army Sustainment Command. The organization has changed names and structure over the years, but the mission has always been to support the Army's global operational sustainment mission. The ASC-ARE, then known as the Multi-Functional Support Command,

was formed in December 2002. The unit was comprised of positions that were transferred from the deactivated 19th Theater Army Area Command. The original mission of the unit was to augment the Global Logistics Information Center and use the Soldiers in some of the global logistics exercises. The unit also sent soldiers to the Joint Readiness Training Center at Fort Polk, La., to evaluate the number of personnel, capabilities and proposed

composition for the Brigade Logistics Support Team that would be embedded in the Brigade Combat Team. In November 2004, the unit was alerted to mobilize and augment at Rock Island and in Southwest Asia. In February 2005, 28 Soldiers were mobilized in support of Operation Iraqi Freedom/Operation Enduring Freedom. ([More](#))



Durbin, Arsenal Leaders Discuss Sequestration, Future Funding:

U.S. Sen. Dick Durbin, D-Ill., met with Rock Island Arsenal leaders Wednesday to discuss ways

to maintain the base's long-term strength. Recently was named

chairman of the Senate Defense Appropriations Subcommittee, Sen. Durbin met with Brig. Gen. John Wharton, commanding general of the U.S. Army Sustainment Command; Maj. Gen. Kevin Wendel, First Army's acting commander; Brig. Gen. Kevin O'Connell, head of the Joint Munitions Command; Col. John Hannon, Army Contracting Command; Col. James Fly of the Joint Manufacturing and Technology Center; and Col. Mark Deschenes of the Army Corps of Engineers. [\(More\)](#)



Hagel Calls for Major Overhaul of U.S. Military Structure:

U.S. Defense Secretary Chuck Hagel has called for a sweeping overhaul of the military structure, similar to major



organizational changes made under the 1980s Goldwater-Nichols Act. Despite shrinking in size dramatically during the 1990s following the end of the Cold War, the military has not adapted.

[\(More\)](#)

Obama to Propose Cuts In Retirement Benefits:

The White House on Wednesday will propose \$35 billion in cuts to federal retirement benefits and reductions in retirees' future pension increases as part of the fiscal 2014 budget. In a written statement to Federal Times, a senior administration official said that its budget will include proposed savings from a deficit reduction plan the White House released last month. [\(More\)](#)



Another Run at Base Closings Expected:

Obama administration officials have indicated that the White House's upcoming budget proposal will include a call for another round of DOD base closings, but that could be a difficult sell even in the current budget environment.



Upcoming Dates

- April 7-13:** National Window Safety Week
- April 9:** National Former Prisoner of War Recognition Day
- April 9:** National Library Workers Day
- April 10:** White House FY2014 Budget Proposal
- April 10:** American Cadet Alliance 104th Birthday
- April 10:** National Bookmobile Day
- April 11:** Support Teen Literature Day
- April 12:** 152nd Anniversary of the Beginning of the Civil War
- April 14:** Air Force Reserve 65th Birthday
- April 14-20:** National Library Week
- April 15:** Congressional Deadline to Submit Budget for POTUS Signature
- April 15:** Tax Day
- April 15:** National Buy a Gun Day
- April 15-19:** National Work Zone Awareness Week
- April 15-21:** National Screen-Free Week
- April 16:** Emancipation Day
- April 16:** National Healthcare Decisions Day
- April 16:** Secure Your ID Day
- April 19:** Oklahoma City Bombing 18th Anniversary
- April 19:** Patriots' Day [📅](#)
- April 21-27:** Volunteer Appreciation Week
- April 21-27:** Animal Cruelty/Human Violence Awareness Week
- April 21-27:** National Shaken Baby Syndrome Awareness Week
- April 22:** Army Earth Day [📅](#)
- April 22-26:** National Playground Safety Week
- April 23:** 105th Army Reserve Birthday
- April 24:** Administrative Professionals Day
- April 29-May 3:** National Air Quality Awareness Week
- May 18:** U.S. Government Debt-Ceiling Deadline
- May 18:** Armed Forces Day
- May 27:** Memorial Day (*Federal Holiday*)



Because such efforts have tended to produce fewer savings than first claimed, Congress has rejected several proposals since the most recent round, approved in 2005 and mainly carried out over the following six years. ([More](#))

Expert: DOD Should Plan For Large Employee Downsizing:

The Defense Department should immediately begin planning for civilian employee layoffs in preparation for a long-term spending squeeze, a defense analyst said Friday. “Something’s got to give here,” Todd Harrison, a senior fellow with the Center for Strategic and Budgetary Assessments, told reporters at a briefing on the fiscal 2014 budget outlook. ([More](#))



DOD: Unobligated Prior-Year Balances Higher Than Estimated:

The Pentagon's actual unobligated, prior-year balances are higher than previously estimated, dealing the weapons modernization accounts an additional \$400 million in cuts required by sequestration,



according to Pentagon officials and new Defense Department data. ([More](#))

OMB Clamps Down On Federal Employee Awards:

The White House on Thursday ordered limits on the payment of monetary awards and incentives to federal workers, while cautioning agencies about shifting money among accounts to soften the impact of sequestration. An Office of Management and Budget memo to agencies follows one issued just before sequestration hit a month ago that told them to apply “increased scrutiny” to hiring new personnel and making investments in training, conferences and travel, among other steps. ([More](#))



Pentagon Uses Online Tools to Enhance Collaboration and Cut Travel Costs:

As federal agencies dramatically scale back on conferences, training and employee travel to reduce costs, some leaders worry about the effect new austerity policies will have on collaboration and communication. At the Pentagon, where service members



and employees perform critical missions in every time zone, Defense Connect Online, a Web-based communications platform, is demonstrating that collaboration can thrive in a world of slashed travel budgets. ([More](#))

Garrison Employment Event:

The Rock Island Arsenal-Garrison will host an Employment Event in Heritage Hall, Bldg. 60, April 17, 9 a.m. – 1 p.m. In support of this effort, the Garrison asks that our RIA organizational leaders, commanders and first sergeants encourage our transitioning Soldiers, civilians and Family members to attend this important job opportunity event. Come and meet with employers from the Social Security Administration, Business Franchise Consulting, Inc., Genesis Health Systems, APAC Customer Services, Inc., Black Hawk College and others. Most of these organizations have vacancies and are looking for our good candidates. In addition to the potential employers, we are also anticipating representatives from several educational institutions who will be available to talk with individuals looking to resume or



continue their education or change career fields. Hope to see you there!

Army Child Abuse Prevention Month

-- April 2013: Every year, Rock Island Arsenal spends the month of April using public awareness to help prevent child abuse.

There has been a significant increase in the incidence of child abuse and neglect in the Army between 2006 and the end of 2011.

This cannot continue. I want to announce today that "protecting children is everyone's job." ([More](#))



Corps of Engineers' Boating Safety

Class: The U.S. Army Corps of Engineers Mississippi River Project will be offering five different opportunities to attend a free boating safety education class. The classes will be held on the following dates: **April 13, April 27, and May 11.** Each class will run 8 a.m. - 4:30 p.m. and only one eight-hour class is required



to complete your certification. This class is recommended for people who are new to boating on the Mississippi River, families that enjoy weekend boating adventures, or seasoned boaters who would just like to brush up on their safe boating knowledge. Anyone over the age of 12 can be certified. This is a classroom based safety course and will not include an on-the-water experience. Upon successful completion of the class and exam, participants will be issued an Illinois DNR Boat Safety certification which is honored in both Iowa and Illinois. These classes will be held at the Mississippi River Project Office at Locks and Dam 14 in Pleasant Valley, Iowa. Pre-registration is required, space is limited, and the classes fill quickly. To register, contact the park rangers at (309) 794-5338. ([More](#))

VIOS Schedule for April: Official DA Studio Photography (DA, government passport and command photos) will be offered at Rock Island Arsenal **March 12, 13 and 14.** Appointments may be scheduled online by submitting a DA3903 Work Request using the [Visual](#)



[Information Ordering Site](#) at for these available times: Tuesday, **April 23**, 7 a.m. – 3:40 p.m.; Wednesday, **April 24**, 7 a.m. – 3:40 p.m.; Thursday, **April 25**, 7 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Wine and Food Pairing sponsored by WID: Women in Defense is hosting a



Food & Wine Pairing event presented by Fred Smith and starts at 6 p.m., Friday, **April 26**. The event fee is \$30 for WID members (\$35 for non-members). RSVP [by email](#) or call (309) 912-2044. We will have a door prize and basket raffle. Date: **Friday, April 26**
Time: **6 p.m.**

Trivia Night Sponsored by Col.

Davenport Foundation: There will be a Trivia Night, Sponsored by Col. Davenport Foundation, **April 20**, at the Arsenal Island Golf Course clubhouse. The doors will open at 5:30 p.m., play will begin at 6:30 p.m. \$10 per person/\$80 per table. 50/50 raffle & raffle items. Club open bar; brats, hot dogs, snacks available for purchase; snacks may be brought in, but no drinks.



Quad City St. Baldrick's Foundation – Help End Childhood Cancer:

The head shaving event to help end childhood cancer. iPad and iPad Mini raffle, 50/50 raffles, food, drink, basket raffle and head shaving. Golden Leaf Convention Center, Kimberly Rd Davenport. [Visit here](#) or call Stuart at (309) 574-0283 for more information!
Date: **Saturday, April 20**

Time: **11:30 a.m. - 4:30 p.m.**

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Arsenal Club (First Floor, Bldg. 60), on



Friday, April 12, 10 a.m. – 12 p.m. If you

would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on May 24**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 10**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "We will have a drawing for a red Mississippi Valley Regional Blood Center polo.

Any donors giving on the Arsenal during the month of April will be included in the drawing. Winner will



be allowed to specify their size preference."

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

Review Your Official Personnel Folder Before June 1:

The CPAC reminds Arsenal Island employees that there is a need for you to access your eOPF (electronic Official Personnel Folder) record in order to ensure your records are correct and complete in advance of the destruction of the hard-copy OPF, currently scheduled for June 1. Effective Oct. 31, employees should have had access to their Official Personnel Folder electronically. Please review the information and follow the instructions to gain access to view your eOPF in the links at the end of this announcement, which link to a packet that also contains a welcome letter for new eOPF users, a screen-shot guide to access, FAQs as well as password reset information. For questions or concerns with the eOPF system, please contact eOPF by calling



the Help Desk at 1-866-275-8518 or by contacting them via email at eOPF_hd@telesishq.com. ([eOPF Welcome Letter & Packet](#)) ([Additional information on eOPF](#))

Administrative Professional's Day

Taco Buffet: There will be an all you care to eat taco buffet in the Arsenal Club, Bldg. 60, 11 a.m. – 1 p.m., on Wednesday, **April 24**. The buffet will include all the fixings for tacos (shredded lettuce, cheese, onion, tomato, black olives, jalapeños, etc.), refried beans, Spanish rice, salad bar with dressings, chicken tortilla soup, beverages (soda, coffee, iced tea and water) and dessert for \$8.75 (includes tax).



Online Ordering, Lunch Delivery Service Now Available: Having a hard time breaking away from work for lunch, let us come to you. Log onto www.deliver2yourdesk.com and order anything available in the Bldg. 60 cafeteria (including Káva Café) to be delivered straight to your office. Breakfast delivery available Monday – Friday, 6-8:30 a.m., lunch delivery available 10:30 a.m. – 12:30 p.m. Káva

Café delivery available 6 a.m. – 12:30 p.m. Please allow 20-30 minutes for delivery. Call (309) 793-4337 for more info.

3rd Annual RIA Prayer Breakfast: All RIA employees are invited to attend the annual prayer breakfast held in Bldg. 60, Heritage Hall. Special guest speaker: Phil Stacey. Free tickets can be picked up at ASC/JMC/First Army chaplain's offices or at Army Community Service. Please call (309) 782-0910 for more info. Date: **Thursday, May 2** Time: **6:30-8 p.m.**



Pure Element Arsenal Island Discount: [Pure Element](#), a local health and wellness shop serving nutritional smoothies/shakes in Rock Island, is offering an exclusive discounted price to Arsenal Island employees. For \$5.75 Arsenal patrons will receive their meal and a 10 percent discount on their products through **April 15**.



Esprit de Corps Toastmasters: Esprit de Corps Toastmasters meets on the 1st and 3rd Wednesday each month at the Clock Tower Building from 11:45 a.m. to 12:45 p.m. Bring your lunch. The mission of a Toastmaster club is to provide a mutually supportive and positive learning environment in which every member has the opportunity to develop communication and leadership skills, which in turn foster self-confidence and personal growth ... join us.



Buy 1 Get 1 Free Large Jar Candles at Yankee Candle, Plus 10% Military Discount: Bring your employee ID to the local Yankee Candle store at Northpark Mall and receive a free large jar for each regularly priced large jar you purchase. Plus Yankee Candle now offers a 10 percent military discount on all purchases every day. Just bring in a valid military ID to receive the additional discount.



Arsenal Traffic/Construction





North Avenue Repair & Closures

Update: Directorate of Public Works is postponing storm sewer and paving work on the intersection of North Avenue and Gillespie until **March-May** due to weather concerns. Minor work on Phases 1 and 2 is expected to be completed within the next two weeks. Please avoid walking through the newly backfilled areas, as these areas are soft and pose a potential safety hazard. POC: Joe Gumpert, (309) 782-1389.



Building/Space Closures



Reduced Elevator Inventory: As a result of fiscal constraints, Rock Island Arsenal Garrison has experienced significant shortfalls in Operations and Sustainment funds, making it necessary to reduce its current elevator inventory. Effective March 29, one elevator per building, or one elevator of each type (freight and passenger), in structures with multiple elevators will be taken out of service. No less than one elevator per building will remain in operation. Out-of-Service signs will be placed on the doors of non-



operational elevators at each floor and alternate route signs will be posted on first and basement floor elevator doors. The Directorate of Public Works followed a process in determining which elevators would have the least impact on the workforce. In some cases, we removed freight elevators in lieu of passenger elevators, as code does not allow freight elevators to be used for passengers. Since all building elevators are crucial for both passenger and material transportation, we realize there will be inconvenience. The duration of these reduced services is uncertain at this time. Following is a list of elevators that will be removed from service: • Bldg. 60, east, freight elevator; • Bldg. 62, west, passenger elevator (NOTE: Access through construction zone on 3rd floor will be made available); • Bldg. 68, east, passenger elevator; • Bldg. 102, east, freight elevator; • Bldg. 108, east, passenger elevator and west, freight elevator; • Bldg. 210, Southwest, Freight Elevator; • Bldg. 212, southeast, barrel lift; • Bldg. 220, Middle North, Freight Elevator #2; • Bldg. 350, southwest, passenger elevator #1; • Bldg. 350, northeast, freight elevator #3; • Bldg. 390, freight elevator.

Closure of Third Floors in Bldg. 61, Bldg. 62: The Directorate of Public

Works plans to close Bldg. 61 3rd floor and Bldg. 62 3rd floor, East and South Wings, **Sept. 10 - 3rd week in May** to execute projects. Closure is to prevent individuals from entering the work area and to preclude any potential accidents. Plastic enclosures will be installed from the passenger elevator in Bldg. 62 to the eastern most stairwell in Bldg. 61 so employees in Bldg. 62/3/W have an entry/exit pathway. Entries will be marked with signage and barriers to prevent entry.



Active Duty/Reserve Zone



Hagel: Change UCMJ to Deny Commanders Ability to Overturn

Verdicts: Military commanders would no longer have the authority to overturn court-martial verdicts in major criminal cases under a proposed change to the Uniform Code of Military Justice announced Monday at the Pentagon. In a written statement, Defense Secretary Chuck Hagel said changes to Article 60 of the UCMJ were necessary in light of a review he ordered last month after an Air Force general threw out the conviction of an officer convicted of aggravated sexual assault. The case set off a firestorm of political controversy



and prompted proposed legislation in Congress to strip the power of commanders to overturn convictions. ([More](#))

New Army Sports Program to Pit Battalion Against Battalion:

If Chief of Staff of the Army Gen. Raymond T. Odierno has his way, super-athletic battalions someday will be crowned sports champions of the U.S. Army. The "Army Sports Program" is headed this spring to installations and garrisons worldwide. Not to be confused with intramural sports leagues provided by Army Morale, Welfare and Recreation, or MWR, the Army Sports Program will pit battalions against one another in seven men's and women's team and individual core sports. ([More](#))

DOD Program Works to Help Stressed Military Parents:

With April designated as Child Abuse Prevention Month, the Defense Department is highlighting its commitment to preventing child abuse and neglect among military families, especially through the Family Advocacy Program, and providing those who need it with counseling. The FAP focuses on strengthening family resilience through visits and counseling with new military parents, as well as on educating young

families about the stresses of parenting and what it takes to maintain healthy relationships especially when some members are deployed. ([More](#))

MWR Campsites for Active Duty Military Families:

The MWR program is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and Family support programs, activities, and services. Over the past few years the Mississippi River Project has chosen to designate one campsite at several of our class "A" recreation areas as an MWR site. This includes Grant River, Thomson Causeway, Fisherman's Corner, Clark's Ferry and Shady Creek Recreation Areas. These MWR campsites will be available for active military and their family members of all branches of service to reserve for up to two weeks at a time, free of charge, to show our support to active military personnel and their families for all of the sacrifices they make to protect and preserve our freedom. Active military personnel can make reservations for use of the site anytime between Memorial Day weekend and Labor Day weekend for up



to 14 days by contacting the fee booth in person or by telephone. The site must be reserved no less than three days in advance of their arrival. On days when the MWR site is not reserved or occupied it will be available to any walk-up camper to camp upon – and regular pricing will apply. Those wishing to camp on the site will be limited to registering for a maximum of two nights stay, but may re-register for additional two nights (up to a maximum of 14 days) if the site continues to be unused or unreserved by any active military personnel. These MWR sites cannot be reserved by any other military personnel, army civilians or retired military personnel. It is for active duty personnel only. Proof of active duty will be required upon registration.



Safety Spotlight



Family Engagement Kit: The Family Engagement Kit is an awareness tool designed by the U.S. Army Combat Readiness/Safety Center to involve Army families in Soldier safety. The kit, available online at U.S. Army Combat Readiness/Safety Center, includes an interactive two-part safety presentation, informational posters and handouts, videos, interviews with Army spouses, a



train-the-trainer module and a listing of helpful family and behavioral health resources, all targeted to on- and off-duty safety hazards. ([More](#))

Equal Opportunity Focus

National Minority Health Month: Everyone in America should have the chance to live a healthy life, regardless of who they are and where they live. We need your help to combat health disparities, build healthier communities and create a stronger nation. This April, the Office of Minority Health and our partners mark National Minority Health Month by raising awareness about health disparities that continue to affect racial and ethnic minorities, and the health care law's groundbreaking policies to reduce these disparities and achieve health equity. This year's theme, Advance Health Equity Now: Uniting Our Communities to Bring Health Care Coverage to All is a call to action, a charge for all of us to unite towards a common goal of improving the health of our communities and increasing access to quality, affordable health care for everyone. ([More](#))

Morale, Welfare & Recreation (MWR)

Morale, Welfare & Recreation (MWR): Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook and stay up to date on all the great MWR offerings here at the Arsenal.

Ladies Golf League: Hey ladies, are you looking to join a golf league this summer that guarantees a weekly round of golf, meeting new people and lots of fun? We are looking for interest on the Island to form a 10-12 week league on Tuesday afternoons. If you are interested, please call (309) 782-4420 or reply to this email for more info.

RIA MWR Spring Fair: There will be a spring vendor fair Wednesday & Thursday, **April 24 & 25**, 9 a.m. - 1 p.m., in Heritage Hall (Bldg. 60). Many of your favorite vendors will be there selling everything from jewelry to home baked goodies and everything in between. Call (309) 782-5890 for more info. ([Flyer](#))



Garden Plots Still Available: Do you have a green thumb but no place to get your gardening fix? Call Outdoor Recreation at (309) 782-8630 and reserve one of the garden plots located here on the Island. Each plot is approximately 20' x 20' and the cost to rent it for the season is just \$25 with a refundable \$100 cleaning deposit.

New Twitter Account for the Arsenal Island Golf Course: Although it may be hard to believe with the recent snow, golf season is right around the corner. Come follow us on Twitter [@golf1897](https://twitter.com/golf1897) for course updates and interesting golf commentary from our pro.

Arsenal Island Golf Course

Clubhouse Reopening: The Arsenal Island Golf Clubhouse will re-open for lunch on Tuesday, **April 16**. The Clubhouse will resume its normal hours of operation which are Tuesday - Friday 10:30 a.m. - 2 p.m. Come see the renovations and updates to the Club and try some of our tasty new menu items including an Italian Panini, fried egg sandwich, the BG burger (topped with ham and a fried



egg) or our new "pick two lunch combo" where you get your choice of a ½ sandwich, salad or soup.

Now Booking Graduation Parties at the Arsenal Island Golf Clubhouse: If you're looking for a unique, historically significant and centrally located venue to host upcoming graduation parties, look no further than the Golf Clubhouse. Our catering and banquet staff excel at making sure your event goes off without a hitch. Check out our [catering guide here](#) and call the catering manager at (309) 782-4372 to reserve your date as the schedule is filling up fast.

April is Car Care Month: Make sure your ride is tuned up and ready to hit the road this summer. All month long take advantage of our \$20 standard oil change special or if you'd like to learn how to change your oil yourself, get signed up for the Oil Change Clinic on **April 17**. Stop by the shop on Saturday, **April 20** for our free inspection day and enjoy some free coffee and donuts while our experienced technicians perform a comprehensive safety check on your vehicle for free. Check out [this flyer](#) and [that flyer](#) for more info and call (309) 782-8631 to schedule an appointment. Check out [this month's newsletter](#) for

some great tips on car care and maintenance.

Beer Pairing Dinner: Do you enjoy beer? Do you enjoy it even more when it is perfectly paired with fine cuisine? If you said yes to either one of those questions you need to call and make your reservations today for our **April 19** beer pairing dinner at the Arsenal Island Golf clubhouse. Enjoy samples of Bent River craft brews that have been carefully selected to complement and enhance the fine cuisine prepared by our executive chef. The cost is \$50/person. You can make reservations by calling (309) 782-4372. ([Flyer](#))
Date: **Friday, April 19**
Time: **7 p.m.**

Spring Vendor Fair: There will be a spring vendor fair on **April 24 & 25**, 9 a.m. – 1 p.m., in Heritage Hall (Bldg. 60) Some of your favorite vendors will be there selling everything from jewelry to home baked goodies and everything in between. Call (309) 782-5890 for more info. ([Flyer](#))

Electronic Marquee Outage: The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests

for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.



MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Mount Olympus Waterpark: One of the world's largest wave pools, some of the fastest rivers and steepest slides make Mount Olympus is the best attraction for outdoor summer time fun. Wristbands on sale for \$28 a \$11.99 savings.

Shedd Aquarium/Field Museum: Leisure Travel has planned a bus trip to Shedd Aquarium or the Field Museum in Chicago. We will provide round trip transportation on a chartered motor coach; ½ hour stop to and from destination. Bring snacks and beverages (no alcohol permitted) along for the ride. Cost is \$41 for transportation only.
Date: **Saturday, May 11**



Time: **6:30 a.m. - 9 p.m.**

Heartland Jam 2013: Leisure Travel will be selling one or two day passes to the Heartland Jam. This two day event will feature Phil Vassar, Kellie Pickler, Darius Rucker, Jerrod Niemann, Lauren Alaina, Rodney Atkins and many more performers. Discounted tickets on sale until **June 29**. One-day ticket = \$44, two-day ticket = \$54.

Date: **Friday, July 19**

Time: **1 p.m.**

Movie Night Gift Cards at Leisure

Travel: Stop by the Leisure Travel Office and pick up a gift card for \$26 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure Travel Office also is once again selling discounted single movie tickets for \$8.50. Call (309) 782-5890 for more info. ([Flyer](#))

Child, Youth & School Services

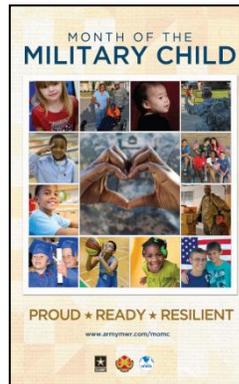
CYSS Lunch 'n Learn Child Safety:

Come and learn important safety information Thursday, **April 11**, 11-

11:45 a.m., in the CYSS Training Room, Bldg. 110, from CYSS Nurse Karol Tubbs, RN. Topics will include: Shaken Baby Syndrome, car seat safety, baby proofing, lifting children, and more. Cost is free and two parent participation points will be awarded for each CYSS parent in attendance. Feel free to bring your lunch. Dessert will be provided. For more information contact Katie Mettee at (309) 782-2165.

April is Month of the Military Child:

April has marked the Month of the Military Child as a time to focus national attention on the youngest members of the military community since 1986. This year's theme, "Proud, Ready & Resilient," highlights military children's unique lifestyle and their ability to succeed despite frequent relocations, reintegration, deployments, loss or care for a wounded parent. ([More](#)) Join MWR and CYSS in celebrating and honoring Military children. [Check out the flyer for some of](#)



[the events that are going on in April.](#)
([StandTo!](#))

Army Certified Family Child Care

Provider: Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

Army Community Service (ACS)

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ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



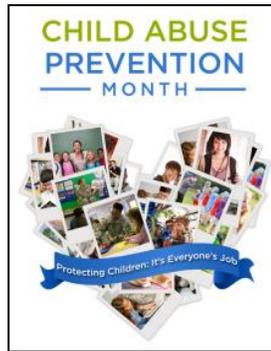
Developing Your Child's Positive Self Esteem: Come join the Family



Advocacy Program on Tuesday, **April 16**, 4-5 p.m., in the CYSS Abel Conference Room, Bldg. 110, First Floor, as Angie Kendall from Child Abuse Council of the Quad Cities discusses ways we can all help children to grow and reach their full potential. There is no cost, and parents who are registered with CYSS will earn two participation points for their attendance. Please RSVP to [Jenny Kerr](#), (309) 782-3049.

Child Abuse Prevention Month on RIA: April is Child Abuse Prevention Month across the Army because

"Protecting Children is Everyone's Job!" supporting Fort Sill's child abuse prevention efforts is as easy as 1 -- 2 -- 3. Enhance the protective factors in your own family and support them in others. Protective Factors are those actions which have been shown by research to prevent abuse from ever occurring in the first place. To show you how easy this can be, below are the six Protective Factors and a few ideas on



what you can do to enhance each of them. ([More](#))

Increase Your Income By Adjusting Your Tax Withholdings!: Do you desire to have more take home pay? Would you like an instant pay raise? In the spring do you get a huge tax refund? Where does the refund money go? Are you starving 51 weeks and then get this pile of money dumped on you – and then go back to starving? The solution is: adjust your tax withholdings for federal and state taxes so that more money is in your paycheck every two weeks. How do you estimate the adjustment? The IRS has your ready-made solution for federal taxes with their [Withholding Calculator](#). The current model has the IRS' best estimate for the taxes for this year. It allows you to account for multiple jobs and sources of income, adjustments, deductions, exemptions and credits. It lets you account for the money you already made and your best-guess on money you are going to make. You can do different versions to test different scenarios. And it will recommend the W-4 withholding input: S or M and number of exemptions. Pick the one that covers your estimated tax liability and gives you the best amount to be returned to you each paycheck. Why give the

revenue services an interest free loan? Put the money in your bi-weekly paycheck. Adjust your W-4's and you can use your money now. For more assistance or information, contact: [Jon Cook](#), AFC, Army Community Service, Financial Readiness Program, (309) 782-0815/-0829.

Army Emergency Relief Kicks Off 2013 Campaign: AER begins its annual fundraising drive in April. The theme of this year's campaign is "Soldiers Helping Soldiers for 71 Years." The money is used to fund grants, scholarships and gift cards for wounded warriors. Organizational key persons will begin contacting our military personnel and retirees soon. For more information or to make a donation, contact [Jon Cook](#) of Army Community Service at (309) 782-0815.



Financial Tips for "Weathering the Furlough": If you're a federal employee like me, unpaid furlough days might be in our future. It's an unpleasant



possibility for many federal employees. Offered below are some tips to help anyone in similar circumstances to "weather the furlough." Read on for ways to hopefully manage without going broke or losing your quality of life. When battling the budget, you have three options: (1) decrease expenses; (2) increase income; or (3) do both. ([More](#))

Army Family Team Building: Army Family Team Building, an educational program that teaches knowledge of the military, personal growth and



resiliency, and leadership skills, is being offered on Rock Island Arsenal. AFTB is offered to the entire military family: military members, family members, civilians, and contractors who live or work within the military community. AFTB Level K (Knowledge of the Military) is **April 10-11**, 9 a.m. - 2:30 p.m.; AFTB Level G (Personal Growth) is **May 15-16**, 8:30 a.m. - 2:30 p.m.; AFTB Level L (Leadership Development) is **June 5-6**, 8:30 a.m. - 2:30 p.m. Classes will be held at Army Community Service, Bldg. 110, 1st Floor, SE. To register for these free classes, please call ACS at (309)

782-0829. Civilians can also sign up on [TEDs](#).



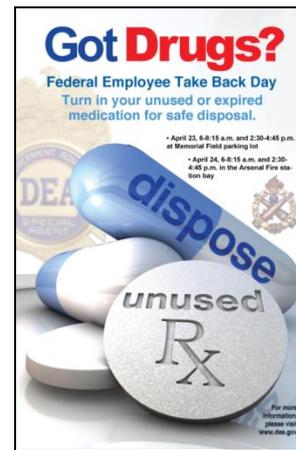
Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Prescription Drug Take Back Days:

More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500 teens use



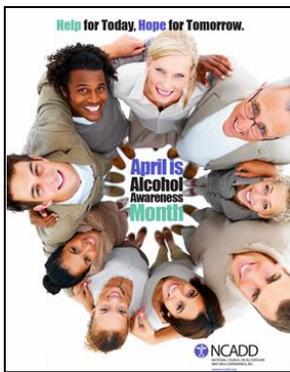
prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. Also, there has been a drastic increase in the amount of hospital visits due to poisonings from medication for children five and under. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. Free your mind from the worry of old and expired medication going missing. The Army Substance Abuse Program is providing an opportunity to dispose of your unused and expired prescription drugs. On **April 23 and 24**, the ASAP and Law Enforcement will be collecting unused and expired prescription drugs at the following places and times: • **April 23**, 6-8:15 a.m. and 2:30-4:45 p.m. at Memorial Field parking lot. • **April 24**, 6-8:15 a.m. and 2:30-4:45 p.m. in the Arsenal Fire station bay. For more information about the prescription drug take-back day call the EAP/ASAP at (309) 782-4357.



PTSD Support Groups: Help is available if you or a loved one is experiencing symptoms of Post-Traumatic Stress Disorder. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Understanding PTSD: The RIA EAP is offering educational classes on Post-Traumatic Stress Disorder. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **April 23, May 21, June 25, July 23, and Aug. 27.** Call (309) 782-4357 to enroll.

National Alcohol Screening Day – April 2013: Good news. Did you know that a glass of wine with dinner or beer on Friday night with friends might be good for you! A compilation of research detailing the health benefits of moderate alcohol use



suggests that it can reduce the risk of heart disease, stroke, dementia, and even the common cold ([Hanson, 2007](#)). However, this research leads us to ask, what is moderate alcohol use? It is important to distinguish between moderate and heavy alcohol use, as consuming excessive amounts of alcohol can lead to many problems. In the short term you may be more likely to have an accident, commit a violent act (alcohol use is associated with two out of three incidents of intimate partner violence), or engage in risky sexual behavior that you would normally avoid. Long term health problems, including increased risk of stroke, dementia, depression, high blood pressure and certain cancers are well known for being consequences of heavy alcohol use ([Centers for Disease Control and Prevention, 2008](#)). To help you know if you are using alcohol moderately rather than in a way that is hazardous, the Rock Island Arsenal Employee Assistance Program is honoring National Alcohol Screening Day, **April 11**, by offering you the opportunity to schedule a screening with an EAP counselor. We here at the Rock Island Arsenal EAP hope that you will raise your glass in the name of good health and take a quick check of your drinking habits to help ensure your good health stays that way.

Smoking Cessation Group: Need help to quit smoking? Good news ... the Employee Assistance Program offers an ongoing educational support group for people who would like to be smoke-free. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st floor, East.

Stress Management: The Rock Island Arsenal EAP is offering classes on Stress Management. Classes will be held in Bldg. 56, 1st floor, Room 122, 10:30-11:30 a.m., on the following dates: **April 9, May 7, June 11, July 9, and Aug. 13.** Class size is limited. Call (309) 782-4357 to enroll.

Grief Support Group: Grieving? We can help. The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., in Bldg. 56, 1st floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

←-----→

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

RIA AUSA 2013 Scholarship

Program: The Rock Island Arsenal Chapter of the AUSA is proud to announce two \$1,000 scholarships available for 2013.

[Applications and all supporting documents](#) must

be received by **April**

30. These two \$1,000 scholarships are for the benefit of all who presently serve or who have served as a member of the United States Armed Forces, whether active, guard, reserve or retired; or as a Department of Defense civilian employee or contractor; or as a member of the Rock Island Arsenal Chapter of the AUSA. This includes immediate family members (spouse, siblings, children or parents) of the above.

Contact us at info@ria-ausa.org if you have any questions. ([More](#))



Women in Defense Scholarship: WID is now accepting applicants for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking <http://wid.ndia.org/chapters/IowaIllinoisChapter/Pages/default.aspx> Application submission must be post marked no later than midnight **April 13**. For more information, call (309) 792-4102.

Commissary / Exchange

The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only, with the exception of select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Commissaries Change Furlough Days to Mondays: Commissaries will close on Mondays if furloughs are required for DoD civilian employees because of sequestration, according to an agreement negotiated between commissary officials and an employees' union, the American Federation of Government Employees Council 172, obtained by Military Times. That's a change from the previous plan to close the stores on Wednesdays during the furlough period, as stated in a Feb. 21 email to all commissary employees from Defense Commissary Agency director Joseph Jeu. DeCA headquarters will also be closed on Mondays. ([More](#))

Commissaries Celebrate April – Month Of Military Child: April is the Month of the Military Child, and your commissary is celebrating with giveaways and savings for the whole family - pets included! "Children in military households face unique challenges because of the demands of military life," said Joyce Chandler, DeCA's acting sales director. "So, at the Defense Commissary Agency, we want to acknowledge them and do all we can to provide their families with great values on quality products they can depend upon." DeCA's industry partners - vendors, suppliers and brokers - are



collaborating with commissaries in April to offer discounts beyond everyday savings.

Food Safety Alerts: For information about the latest food-safety alerts and product recalls affecting military commissaries, visit www.commissaries.com and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit the website and choose Food Safety at the bottom of the page.

Sales Flyers: Patrons can visit the AAFES website and sign up to receive free online sales flyers.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. (website)

Rock Island Arsenal Quarters One Book: The Rock Island Arsenal Quarters One book is now available for

purchase from the RIA Museum and Historical Society website. When you click on the link it will take you to the first page. You will also be able to see a preview of the book there.

This Week in Rock Island Arsenal History – April 8-14: On April 8, 1832, Black Hawk led his band across the Mississippi River and back into Illinois in violation of his treaty with the United States Government. This incident sparked the Black Hawk War. In April 1933, the RIA began manufacturing models and prototypes of half track truck, T1; combat car, T5; and a light tank, T2. On April 12, 1947, the RIA celebrated Army Day by inviting the public to an open house to view displays and equipment at the RIA. In April 1944, the court in Shop L was completely rehabilitated in preparation for the manufacturing of breech mechanisms for the 155mm M2 artillery piece.

Healthbeat

National Prescription Drug Take-Back Day observed April 27: National Prescription Drug Take-Back Day will be observed locally and nationwide April 27. Sponsored by the Drug

Enforcement Administration, the day is specifically set aside to allow an opportunity to empty medicine cabinets, kitchen drawers, purses and pillboxes of unwanted, unused and expired prescription drugs, and take them to authorized collection sites in local communities. Drug overdoses and brain damage linked to long-term drug abuse killed an estimated 37,485 people in 2009, the latest year for which preliminary data are available, according to a report by the Centers for Disease Control and Prevention. (More)

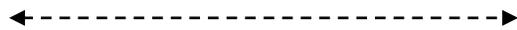
Health Clinic Announcement: Sick Call hours 7-8 a.m. Clinic closed staff meeting/training **April 26** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

Army Senior Leaders, VA Improving Soldiers' Disability Process, Benefits Timing: About 82 percent of the Army's major units are now meeting the Defense Department's Medical Evaluation Board goal of processing Soldiers' disability evaluations within 100 days, significantly reducing a backlog that sometimes took eight



months or longer in recent years. The Army is making significant improvements in most Integrated Disability Evaluation System areas, according to the mid-March joint Army and Department of Veterans Affairs review. "Army Forces Command and the U.S. Army are committed to working with other services, the Department of Defense, the Department of Veterans Affairs, to improve the current Integrated Disability Evaluation System, known as IDES," said Brig. Gen. Kelly J. Thomas, Forces Command deputy assistant chief of staff for G-1 personnel. ([More](#))



Carpooling Announcements



Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Carpool:

- **Carpool:** Looking to join a carpool from around the Kewanee area. Current hours are 7 a.m. to 3:30 p.m., but can change. Call me at (563) 782-1115.

- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.
- **Carpool:** Commuter traveling from Rio, Ill. on Route 150. Meet in Alpha, Ill. each day. If interested contact me at (309) 782-5472 or [email](#).
- **Carpool:** Looking to join a carpool from Albany or south along Illinois 84 southbound to Bldg. 102. If interested contact me at (309) 782-0841.



Around the Q.C.



- April 13:** [Inaugural Zombie Nation A Zombie!! Run!!" a Zombie 5k Cross Country fun run](#) (Credit Island Park, Davenport)
- April 14:** [9th Annual Sylvan Island Stampede Mountain Bike Race](#) (Sylvan Island, Moline)
- April 18-19:** [Earth Week Fair](#) (QCCA Expo Center)
- April 27:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- May 4:** [Ganzo's Nacho Ordinary 5K](#) (3923 North Marquette St., Davenport)
- May 4:** [Derby Day Party](#) (Arsenal Island Golf Course Clubhouse)
- May 4:** [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
- May 11:** [11th Annual Miles for Melanoma](#) (Augustana campus)
- May 11-12:** [Beaux Arts Fair](#) (Figge Art Museum plaza, Davenport)
- May 25:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- May 27:** [Quad Cities Criterium](#) (Downtown Rock Island)
- June 1:** [Mel Foster Color the Quads 5K](#) (Cumberland Square, Bettendorf)
- June 1-2:** [QC Pridefest 2013, Bursting With Pride](#) (Mary's on 2nd, 832 West 2nd Street, Davenport)
- June 7-8:** [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)
- June 8:** [Quad-Cities Comic Book Convention](#) (Ramada Inn, Bettendorf)
- June 8:** [Quad Cities Cruisers Open Run Car Show](#) (SouthPark Mall, Moline)
- June 12-15:** [Rally on the River](#) (Centennial Park, Davenport)
- June 14:** [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)
- June 16:** [Ride the River Bike Ride](#) (Davenport to Moline)
- June 22:** [Royal Ball Run 5K and Fun Run for Autism](#) (Milan Community Center)
- June 22-23:** [27th Annual Quad City Air Show](#) (Davenport Municipal Airport)
- June 23:** [Blossoms at Butterworth](#) (Butterworth Center, Moline)
- June 24:** [YSB-Whitey Verstraete Memorial Golf Outing](#) (Pinnacle Country Club, Milan, Ill.)
- June 25-29:** [Rock Island County Fair](#) (Fairgrounds, East Moline)
- June 27-29:** [Antique Automobile Club of America Grand National Show](#) (John Deere Commons, Moline)
- July 3:** [Red, White & Boom!](#) (The District, Downtown Davenport)



July 4-6: [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
July 13: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
July 19-21: [USA BMX National Championships](#) (East Moline BMX Speedway)
July 19-20: [Heartland Jam](#) (Centennial Park, Downtown Davenport)
July 26-27: [Downtown Street Fest](#) (Downtown Davenport)
July 27: [Bix 7 Run/Walk](#) (Downtown Davenport)
July 30-Aug. 4: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
Aug. 1-4: [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter)
Aug. 8-10: [Tug Fest](#) (LeClaire, Iowa and Port Byron, Ill.)
Aug. 9-10: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 10: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Aug. 10-17: [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)
Aug. 16-17: [River Roots Live](#) (Downtown Davenport)
Aug. 17: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 24: [Quad Cities Irish Festival](#) (Rock Island)
Aug. 22-25: [World Series of Drag Racing](#) (Cordova Dragway)
Aug. 31-Sept. 1: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 7: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)

Sept. 7: [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)
Sept. 7-8: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 14: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Sept. 21: [Brew Ha Ha](#) (LeClaire Park, Davenport)
Sept. 21: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 21-22: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
Sept. 22: [Quad Cities Marathon](#) (Downtown Moline)
Sept. 27-29: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 12: [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)
Oct. 12: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Oct. 24: [Fright Night](#) (The District, Rock Island)
Oct. 26: [Witches Walk](#) (Downtown LeClaire)
Oct. 26: [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)
Oct. 26-27: [Boo at the Zoo](#) (Niabi Zoo, Milan)
Nov. 15-24: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
Nov. 16: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 16: [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)
Dec. 1: [19th Century Christmas](#) (Butterworth Center, Moline)



Island Insight



Joel Himsel, Garrison Manager; **Eric Cramer**, Public Affairs Officer; **Mark Kane**, Editor

he Army publication, Island Insight, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processor software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged](#). All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: (309) 782-1121. The Island Insight is [available on-line](#).



Army Child Abuse Prevention Month

April 2013

Every year, Rock Island Arsenal spends the month of April using public awareness to help prevent child abuse. There has been a significant increase in the incidence of child abuse and neglect in the Army between 2006 and the end of 2011. This cannot continue. I want to announce today that "protecting children is everyone's job."

This is a job that does not end with the last day in April. It goes on every day of the year, in every circumstance, and in every corner of Army life – on the installation and out in the community.

In the *Army 2020: Generating Health and Discipline in the Force Ahead of the Strategic Reset, Report 2012* Army leaders have indicated that the increase in child abuse may be connected with the increase of stress on the Force. Our Army has been able to refer, screen, substantiate, and treat this growing number of child abuse cases and intervene with the Soldiers, DA Civilians, and Families affected by this terrible problem. That is the good news. But our mission is not just to respond well to child abuse when it happens.

Our mission is to prevent child abuse from happening in the first place. We can do it. We are doing it with such initiatives as the New Parent Support Program (NPSP) that is based on a scientifically supported method of prevention. NPSP provides home visits to new and sometimes inexperienced parents with children under the age of 3 who may need a little extra support.

"Protecting Children: It's Everyone's Job" is the campaign month theme. In support of this theme, here at Rock Island Arsenal our Family Advocacy Program (FAP) provides many other child abuse prevention resources such as parenting classes and couples communication opportunities. There is more we can do. Think about very young Families with limited experiences or resources or more experienced Families dealing with unique Army Family challenges. Don't wait for the problem of child abuse to destroy a Family. RECOGNIZE signs of distress and abusive actions!

Strong Soldiers, Civilians, and Families know to RETHINK ways to stay healthy and REACH OUT for help. If you know Army Families who are under the kind of stress that may turn to child abuse, lend a hand. Lighten the load. Guide that Family to the help and support that you know is available. Make a commitment to child abuse prevention. We have all seen the negative effects of abuse. It is never right to be blind to it. REPORT your concerns to FAP now!

Count on me, FAP, and on everyone on this installation to work together to prevent child abuse. Child abuse undermines Army Values. It undermines our mission.

This is the Army. No one faces challenges the way we do. Child abuse prevention is a challenge. Who can face it? It needs to be all of us. For more information, call FAP at 309-782-3049 or visit the FAP office located in the Army Community Service office in Building 110, First Floor.



JOEL G. HIMSL
Garrison Manager

Got **Drugs?**

Federal Employee Take Back Day

Turn in your unused or expired medication for safe disposal.

• April 23, 6-8:15 a.m. and 2:30-4:45 p.m.
at Memorial Field parking lot

• April 24, 6-8:15 a.m. and 2:30-
4:45 p.m. in the Arsenal Fire station bay

A large, 3D-rendered blue pill with the word "dispose" written in white, slanted letters across its surface. It is surrounded by other pills, including a white one with "unused" and "Rx" embossed on it.

dispose

unused

Rx

For more
information,
please visit
www.dea.gov